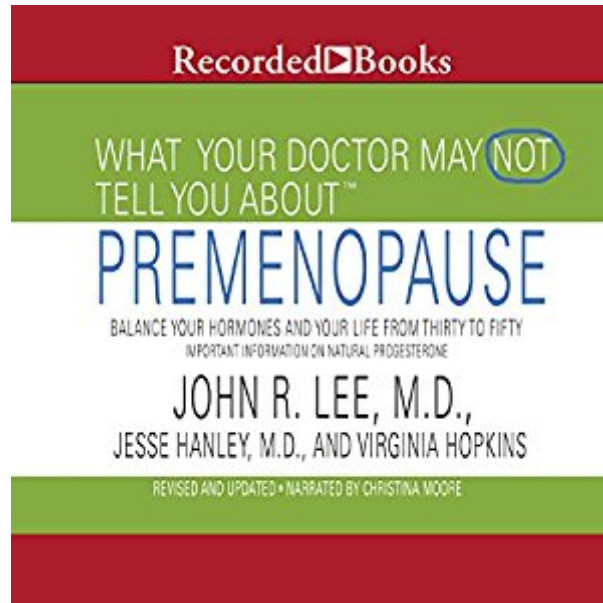


The book was found

What Your Doctor May Not Tell You About Pre-Menopause



Synopsis

Are you a woman between 35 and 50 experiencing PMS, migraine headaches, sudden weight gain, fatigue, irritability, tender or lumpy breasts, memory loss, fibroids, or cold hands and feet? If so, you may be experiencing symptoms of perimenopause. Even if you're a decade or more away from menopause, your hormones may already be out of balance, usually caused by an excess of estrogen and a deficiency of progesterone, say the authors of *What Your Doctor May Not Tell You About Pre-Menopause*. John Lee, MD, is a well-known advocate of the benefits of natural progesterone and the author of *What Your Doctor May Not Tell You About Menopause*. Jesse Hanley, MD, adds sensitivity to the emotional and spiritual aspects of perimenopause. The authors recommend natural progesterone cream to balance your hormones, eliminate perimenopausal symptoms, and make you feel better. They also discuss the dangers of xenoestrogens - substances not found in nature that have hormonal effects, frequently found in pesticides, solvents, plastics, and hormone-treated meat. The book presents common symptoms of perimenopause with suggested natural treatments (progesterone cream, diet, vitamins, and herbs) and substances to avoid, plus additional chapters on diet and exercise. Many case studies help to bring the information into perspective. If you are perimenopausal (or close to someone who is), this is a valuable resource.

Book Information

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Customer Reviews

Let me first qualify that I used to be a researcher for a major health magazine--I've got a good medical background and am familiar with doctors often being very opinionated about their theories being THE correct theories. I'm 38 and have been dealing with health problems for a while, one of

them being thinning bones (I'm nearly at osteoporosis level, found through a DEXA bone scan), despite taking appropriate calcium supplements. My doctor just recommended taking more supplements. Went to another doctor who recommended I get my hormones measured. [By the way, many doctors resist doing this; however, the blood test is reliable and accurate--just make sure you know what stage of your cycle you're in so that you can understand the results of your tests.] Mine came back with progesterone being TOO HIGH (despite having most of the symptoms that Dr. Lee contributes to LOW progesterone), and my estradiol (estrogen) level was abysmally low--nearly that of a post-menopausal woman! This explains a lot. Dr. Lee likes to blame so many things in his book on "estrogen dominance" yet I think he's waaaaay off on many of his "scientific" conclusions. So many of them left me wanting to see his references and to ask how he came to those conclusions while discounting other obvious factors. In addition, p.333: "Some women who have irregular bleeding are prescribed estrogen by their doctors. There's really no good reason to give estrogen to women who are still menstruating... the very fact that you're menstruating indicates that you're very unlikely to be deficient in estrogen." WRONG, as my own case shows! [I'd recommend reading the book "Screaming to be Heard" by Elizabeth Lee Vliet, M.D.--much better science, and counters some of Lee's claims with evidence.

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